

KEY PARTNER MESSAGES ON LUNG INJURY ASSOCIATED WITH E-CIGARETTE USE, OR VAPING



TOP LINE MESSAGES

- The Centers for Disease Control and Prevention (CDC) is working with the Food and Drug Administration (FDA), state health departments, and public health and clinical partners to investigate the multistate outbreak of lung injury associated with use of e-cigarette, or vaping, products.
- CDC has activated the Emergency Operations Center (EOC). More than 100 staff from across the agency and in the field are working to support these investigations.
- CDC continues to refine recommendations based on emerging data. At this time, FDA and CDC have not identified the cause or causes of the lung injuries in these cases and the only commonality between all cases is that they report using vaping products, including e-cigarettes. No one compound or ingredient has emerged as the cause of these illnesses to date and it may be that there is more than one cause of this outbreak.
- CDC released a Morbidity Mortality Weekly Report (MMWR) titled, "[Update: Interim Guidance for Health Care Providers Evaluating and Caring for Patients with Suspected E-cigarette, or Vaping, Product Use Associated Lung Injury – United States, October 2019](#)"
- The updated number of cases, number of deaths and impacted states and territories are reported on the [CDC Lung Injury](#) website every Thursday.
- If the public has questions, they can contact CDC-INFO at 800-232-4636, or visit <https://wwwn.cdc.gov/dcs/ContactUs/Form>.

ISSUE, SYMPTOMS, AND TREATMENTS

- Patients in this investigation have reported the following:
 - respiratory symptoms (cough, shortness of breath, chest pain)
 - gastrointestinal symptoms (nausea, vomiting, abdominal pain, diarrhea)
 - non-specific symptoms (fever, chills, weight loss, and malaise).
- Some patients reported that their symptoms developed over a few days, while others have reported that their symptoms developed over several weeks.
- At this time, FDA and CDC have not identified the cause or causes of the lung injuries among patients, and the only commonality among all patients is that they report using e-cigarette, or vaping, products
- This outbreak might have more than one cause, and many different substances and product sources are still under investigation.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

INVESTIGATION DETAILS

- CDC is working 24/7 to identify the cause or causes of this outbreak through partnerships with states and other federal agencies. CDC has activated the EOC to coordinate activities and provide assistance to states, public health partners and clinicians around the nation.
- CDC's Lung Injury response efforts are committed to:
 - Identify and define the risk factors and the sources for lung disease associated with use of e-cigarette, or vaping, products
 - Detect and track confirmed and probable cases in the US
 - Communicate actionable recommendations to state, local, and clinical audiences
 - Establish lab procedures that can assist with the public health investigation and patient care.
- CDC continues to collaborate with multiple public health and clinical partners across the Nation to optimize response efforts. Some of these include:
 - Engaging with states and the Council of State and Territorial Epidemiologists (CSTE) to create and refine a case definition to classify cases in a consistent way. This case definition along with other investigation tools (medical extraction form, case interview form) used to conduct the investigations will continue to evolve as more data becomes available
 - Working closely with the Association of Public Health Laboratories (APHL) to understand and help support state level laboratory testing activities and engage public health laboratorians
 - Working closely with the Association of State and Territorial Health Officials (ASTHO) to engage state health officers and public health preparedness coordinators on this outbreak.
- Additional information has also been released in a Health Alert Network (HAN) Health Advisory and published in Morbidity and Mortality Weekly Report (MMWR) and New England Journal of Medicine (NEJM).
 - [MMWR article on interim guidance for health care providers](#), (October 11, 2019)
 - [MMWR article on characteristics of cases](#), (Sept. 27, 2019)
 - [MMWJR article with additional information on cases in Illinois and Wisconsin](#), (Sept. 27, 2019)
 - [MMWR article with interim guidance from CDC](#), (September 13, 2019)
 - [MMWR article on from North Carolina](#), (September, 13, 2019)
 - [NEJM article on cases from Illinois and Wisconsin](#), (September 6, 2019)
 - [CDC's HAN Health Advisory](#), (August 20, 2019).

RECOMMENDATIONS FOR THE PUBLIC

- While this investigation is ongoing, CDC recommends that people.
 - Should not use e-cigarette, or vaping, products that contain THC
 - Should not buy any type of e-cigarette, or vaping, products, particularly those containing THC, off the street
 - Should not modify or add any substances to e-cigarette, or vaping, products that are not intended by the manufacturer, including products purchased through retail establishments.
- Given that exclusive use of nicotine-containing products has been reported by a small proportion of cases, and that many people with these lung injuries report combined use of THC- and nicotine-containing products, we cannot exclude the possibility that nicotine-containing products play a role.
 - At present, CDC continues to recommend that people consider refraining from using e-cigarette, or vaping, products that contain nicotine.
- If you are an adult using e-cigarettes, or vaping, products to quit cigarette smoking, do not return to smoking cigarettes. Use evidence-based treatments, including healthcare provider counseling and [FDA approved medications](#).
- If you have recently used an e-cigarette, or vaping, product and you have [symptoms](#) like those reported in this outbreak, see a healthcare provider.
- Regardless of the ongoing investigation:
 - [Youth and young adults should not use e-cigarette, or vaping products](#)
 - [Women who are pregnant should not use e-cigarette, or vaping products](#)
 - Persons who do not currently use tobacco products should not start using e-cigarette, or vaping, products
 - THC use has been associated with a wide range of health effects, particularly with prolonged heavy use. The best way to avoid potentially harmful effects is to not use THC, including through e-cigarette, or vaping, products. Persons with marijuana use disorder should seek evidence-based treatment by a health care provider.

RECOMMENDATIONS FOR HEALTHCARE PROVIDERS

- As this investigation continues, CDC encourages clinicians to report possible cases of e-cigarette, or vaping, product use associated lung injury (EVALI) to their local or state health department for further investigation.
- If e-cigarette, or vaping, product use is suspected as a possible cause for a patient's lung injury, a detailed history of the substance(s) used, the sources of products, and the devices used should be obtained, as outlined in [the Health Alert Network \(HAN\)](#) and [Update: Interim Guidance for Health Care Providers Evaluating and Caring for Patients with Suspected E-cigarette, or Vaping, Product Use Associated Lung Injury – United States, October 2019](#), and efforts should be made to collect clinical specimens and to determine if any remaining product, devices, and liquids are available for testing.
- CDC's [interim guidance](#) provides clinicians a framework for their initial assessment, evaluation, management, and follow-up of people with symptoms of lung injury associated with use of e-cigarette, or vaping, products..
 - Patients discharged from the hospital after inpatient treatment of EVALI should have a follow-up visit no later than 1-2 weeks after hospital discharge. Patients who received care for EVALI on an outpatient basis should have close follow-up within 24-48 hours to assess and manage possible worsening lung injury
 - Advise patients to discontinue use of e-cigarette, or vaping. Cessation of e-cigarette, or vaping, products might speed recovery; resuming use of e-cigarette, or vaping, products has the potential to cause recurrence of symptoms or lung injury. Long-term effects and the risk of recurrence of EVALI are not known
 - During influenza season, health care providers should consider influenza in all patients with suspected EVALI. Antivirals should be considered in accordance with established guidelines. Decisions on initiation or discontinuation of treatment should be based on specific clinical features and, when appropriate, in consultation with specialists.
- More information for healthcare providers is located on our website: www.cdc.gov/lunginjury under "For Healthcare Providers."

RECOMMENDATIONS FOR LOCAL AND STATE PUBLIC HEALTH DEPARTMENTS

- While states are conducting their own investigations, CDC is providing technical support by:
 - Working closely with state health departments and the FDA to facilitate collection of products for testing, facilitate information sharing between state health departments and clinicians, coordinate national communication activities, and provide health messaging tools for states.
 - Deploying staff to assist some state health departments with their respective state investigations when requested, such as through an Epi Aid
 - Testing clinical samples to look for markers of exposure
 - Providing communication technical support to states.
- State public health officials should promptly notify CDC about possible cases of lung injury associated with using e-cigarette, or vaping, products via eocevent101@cdc.gov.
- An updated case definition can be found on CDC's response website at www.cdc.gov/lunginjury. Contact CDC at eocevent101@cdc.gov for reporting guidelines, case investigation forms, technical assistance with an epidemiologic investigation.
- State health department officials seeking technical assistance with specimen testing can discuss with their state health department laboratories and contact CDC at eocevent101@cdc.gov.
- More information for health departments is located on our website: www.cdc.gov/lunginjury under "For State and Local Health Departments."